

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00 Ballet Body™ Barre 1-Hour Workout		7:00-8:00 Ballet Body™ Barre 1-Hour Workout			
		8:00-9:00 Ballet Body™ Barre 1-Hour Workout		8:00-9:00 Ballet Body™ Barre 1-Hour Workout		
	10:00-11:15 Ballet Body™ Barre			10:00-11:15 Ballet Body™ Barre		
		10:30-11:45 Ballet Body™ Barre			11:00-12:15 Ballet Body™ Barre	10:30-11:45 Ballet Body™ Barre
11:30-12:45 Ballet Body™ Barre			12:00-1:00 Ballet Body™ Barre 1-Hour Workout		12:15-1:30 Beginner Ballet	11:45-1:00 Beginner Ballet
					1:30-2:45 Intermediate Ballet	
					2:45-3:45 Tap Open Level	
					5:00-6:15 Ballet Body™ Barre	5:00-6:15 Beginner Ballet
	6:00-7:15 Ballet Body™ Barre	6:00-7:15 Adv Beg Ballet				
7:00-8:15 Ballet Body™ Barre	7:15-8:30 Beginner Ballet	7:15-8:30 Ballet Body™ Barre	7:00-8:30 Ballet Body™ Barre/ Beginner Ballet	6:45-8:00 Beginner Ballet		6:30 - 7:45 Ballet Body™ Barre

Ballet Body™ Barre (1¼ Version):

M 11:30-12:45, M 7:00-8:15, T 10:00- 11:15, T 6:00-7:15,
W 10:30-11:45, W 7:15-8:30, Th 7:00-8:30, F 10:00-11:15,
Sa 11:00-12:15, Sa 5:00-6:15, Su 10:30-11:45, Su 6:30-7:45

Beginner Ballet:

T 7:15-8:30, Th 7:00-8:30, F 6:45-8:00, Sa 12:30-1:45,
Su 11:45-1:00, Su 5:00-6:15

Ballet Body™ Barre (1-Hour Workout):

Tu 7:00-8:00(AM), W 8:00-9:00(AM), Th 7:00-8:00(AM),
Th 12:00-1:00, F 8:00-9:00(AM)

Advanced Beginner Ballet

W 6:00-7:15

Tap

Sa 2:45-3:45

Intermediate Ballet

Sa 1:30-2:45

4/06/2016

REGISTRATION

Adult Students must set up an account which may be done on line, in person at the time of initial purchase or when taking a trial class.

FEES

Adult classes are on-going throughout the year and a class card may be purchased at any time.

	<u>Trial Class</u>	<u>Single Class</u>	<u>Class Card</u>
Ballet Body™ Barre	\$20	\$37	10 Classes for \$300 (4 month expiration) 20 Classes for \$540 (6 month expiration)
Ballet (Beg / Adv Beg / Int), Hip Hop, Theatre Jazz, Tap	\$20	\$30	10 Classes for \$250 (4 month expiration) 20 Classes for \$400 (6 month expiration)

Special Senior (62+) Discount on classcards: 10-BBF for \$270, 20-BBF for \$485, 10-Dance for \$225, 20-Dance for \$360.

As with any form of exercise or fitness training, it is recommended to participate in 3 or more sessions per week to make real progress and feel (and see) significant changes in your body. To this end B&B now offers:

NEW!

A Monthly Unlimited Card for \$250

Good for all Ballet Body™ Fitness classes including any Ballet Body™ Barre Class or Adult Dance Class.

NEW!

To try it out, we offer a

Special Introductory Offer:
\$150 for the 1st Month of Unlimited Classes

Class cards for adult students are strictly non-refundable and non-transferable. Adult class card holders who are not able to take their 10 or 20 classes by expiration may take a class at an equal or lesser rate before the date of expiration. There are no extensions.

DRESS

(Suggestions and Guidelines)

For Ballet Body™ Barre and Ballet classes, adults may wear any comfortable clothing that allows full range of motion. Classes are designed for ballet slippers but new students may try the class in socks, bare or stocking feet. **Street shoes are NOT permitted in the studio.**